

Oxford University Hospitals **NHS**

NHS Foundation Trust

Ocular Inflammation Service, Oxford Eye Hospital

Steroid injections

Information for patients



This information sheet is to help you understand what will happen if you come for a steroid injection either in or around your eye. Your eye doctor will have offered this treatment option to you as it could help to reduce the inflammation in your eye.

There are two types of injection that can be used to treat the inflammation in your eye; periocular steroid (injections around your eye) and intraocular steroid (injections into your eye).

How is the injection carried out?

Steroid injections around the eye (periocular steroid)

With this treatment, the injection is given around your eye, not into your eye. We will numb your eye with anaesthetic drops and the area around it with a small injection of local anaesthetic (like you may have had at the dentist).

The steroid injection can be given in several places around your eye and may be given through your eyelid (but not into your actual eye). You should not feel any discomfort or pain when the injection is given, as we will make sure the area is numb before we begin.

During the injection you will feel a sensation of pressure, but it should not be painful. Should your eye become very painful at the time of the injection you should tell the doctor immediately.

It takes less than a minute to give the injection of steroid. Afterwards, your eye may feel slightly bruised and a bruise may appear on the skin or on the white of your eye. This is not a serious problem and is due to blood vessels in the skin or lining of the outside of the eye being caught by the needle. This will change colour like any other bruise and will disappear over a couple of weeks.

If your eye becomes very red and/or painful in the days or weeks following the injection, you should go to your nearest Accident and Emergency Department. This is because there

is a very small risk of a droopy eyelid (ptosis) developing after the injection, but this is treatable.

We will make you an Outpatient appointment to be seen 1–6 weeks after the injection, as advised by your eye doctor.

Steroid injections into the eye (intraocular steroid)

If you have waterlogging at the back of your eye (oedema), your ophthalmologist may have offered you this type of treatment. This treatment should reduce the swelling at the back of your eye and improve your vision.

This injection will be given into your eye itself. We will numb your eye with local anaesthetic drops, before we start the treatment. You should not feel any discomfort or pain when the injection is given, as we will make sure the area is numb before we begin.

During the injection you will feel a sensation of pressure, but it should not be painful. However, there is the risk of your eye becoming very painful at the time of the injection or your vision suddenly 'blinking out'. If this happens you should tell the doctor immediately. Your doctor can quickly treat the pain and the 'blinking out' of vision.

It takes less than a minute to give the injection of steroid. Afterwards, your eye may feel slightly bruised and a bruise may appear on the white of your eye. This is not a serious problem and is due to blood vessels in the lining of the outside of the eye being caught by the needle. This will

change colour like any other bruise and disappear over a couple of weeks.

If your eye becomes very red and/or painful in the days or weeks following the injection, you should go to your nearest Accident and Emergency Department.

We will make you an outpatient appointment to be seen 1–6 weeks after the injection, as advised by your eye doctor.

Additional information

If you have any further questions or need advice about your treatment please speak to your GP or your eye doctor at the Oxford Eye Hospital.

How to contact us

Oxford Eye Hospital Helpline

Tel: **01865 234 567**

(Monday to Friday, 8.00am to 6.00pm)

(Saturday, 9.00am to 4.00pm)

(Sunday and bank holidays, 10.00am to 2.00pm)

Eye Hospital Emergency (walk-in service)

(Monday to Friday, 9.00am to 5.00pm)

(Saturday, 8.00am to 4.00pm)

(Sunday and bank holidays, 10.00am to 2.00pm)

Outside of working hours, please contact your out of hours GP or dial 111.

If you have a specific requirement,
need an interpreter, a document in Easy Read,
another language, large print, Braille or
audio version, please call **01865 221 473**
or email **PALSJR@ouh.nhs.uk**

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December 2015
Review: December 2018
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OMI 12742P